HIT PARADE

IN WEDNESDAY'S WIN AGAINST THE NEW YORK YANKEES, SHORTSTOP YUNEL ESCOBAR SEALS HIS REPUTATION AS A BLUE JAY TO KEEP YOUR EYE ON PAGE 13

SASKATOON metro®

Thursday, August 30, 2012

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Senator's wife threatened to slit his throat: Crown

Maygan Sensenberger leaves provincial court in Saskatoon on Wednesday. Sensenberger, the wife of Canadian Senator Rod Zimmer, is charged with causing a disturbance and uttering a death threat. LIAM RICHARDS/THE CANADIAN PRESS

Domestic violence court. Rod Zimmer did not instigate the threat charge: Defence attorney

MORGAN MODJESKI
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A senator's young wife allegedly threatened to slit her husband's throat on an airplane, a Saskatchewan courtroom heard Wednesday.

More information about 23-year-old Maygan Sensenberger's alleged threat to her husband, Manitoba Senator Rod Zimmer, 69, surfaced in domestic violence court.

Sensenberger was arrested in Saskatoon last Thursday after police were asked to deal with a disruptive passenger on a flight to Saskatoon.

Crown prosecutor Matthew Miazga told court Sensenberger threatened to kill her husband and despite a number of "positive discussions" with the defence, they're not ready for a resolution.

Sensenberger's defence attorney, Leslie Sullivan, said Zimmer did not instigate the threat charge and said Zimmer "didn't in any way feel threatened."

However, prosecutors say the charge was a result of reports from witnesses.

Sullivan also cited the couple's high-profile life in Ottawa when trying to amend a no-contact order between the two.

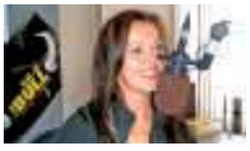
"Quite frankly I don't care, nor should the court care," Miazga responded.

Both sides eventually agreed to let the couple speak to each other through email, telephone and online video messaging services like Skype.

However, direct and indirect contact is not allowed.

"It's been very difficult for them both, not being together," said Sullivan, adding the pair are not only romantically close, but good friends.

Sensenberger has yet to enter a plea. She is due back in court on Sept. 18.



Country gal

CCMA host Cristy Beggs tells us how she got into broadcasting, and what she's doing to prepare for the big show PAGE 8

Fashion goes wild this fall

From kitty flats to owl prints, designers are drawing inspiration from all kinds of critters of the furry and feathery variety PAGE 10

NEWS 1

Riders bolster D in hopes of snapping losing streak

Positive influence. Chamblin is confident wisdom of newly acquired vets will rub off on younger players

JEFF MACKEY
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The Saskatchewan Roughriders are preparing for the Labour Day Classic against Winnipeg on Sunday.

The team — which has been winless the last five games — has decided to shake things up by adding some experience and depth to its defence.

Veteran linebackers Joe Lobendahn and Diamond Ferri have been added, as well as a rookie import defensive back Alonzo Lawrence. All three were officially signed on Wednesday.

At practice, head coach Corey Chamblin was pleased with the additions.

"Defence wins championships, so that is the biggest thing, if we can stop people in the hole then we will be good," said Chamblin.

Both Lobendahn and Ferri are experienced CFL players; the Riders are banking that this wisdom will rub off on some of the younger players on the team.

Lobendahn is expected to play against Winnipeg this weekend, but Ferri and Lawrence will have to wait a bit longer before they can crack the lineup.

"The biggest thing for Diamond (Ferri) right now is we need to make sure he gets acclimated to what we are doing and then he will be ready to go," said Chamblin.

Teammate dismissal

Hill sent hiking

The Riders have released receiver Efrem Hill from the team, opening up a space for some depth receivers to move into the lineup against Winnipeg.

"I told him 'you will land on your feet, you are a good player,'" Chamblin said of Hill. "But in order for me to see other guys play we have to make sure we are not too comfortable with what is around because this organization has to move forward." METRO

Riders head coach Corey Chamblin addresses the media about the various changes to his team's roster after practice on Wednesday. JEFF MACKEY/METRO

Second man charged in McAdam murder

A photo of Mervin McAdam that was posted on his Facebook page in March 2011. McAdam's remains we're found in February 2012 at the scene of a garbage-bin fire. Two men have been charged with second-degree murder in connection to his death. FACEBOOK.COM

Charges on Wednesday — including indignity to human remains and multiple firearms charges — shocked the family of an 18-year-old man accused of second-degree murder.

The man was charged in the death of Mervin McAdam, whose body was discovered on February 26 when Saskatoon Fire and Protective Services were called to a garbage-bin fire in the east alley of the 200 block of Avenue South.

Shelby Pinnell — who was in the Saskatoon Correctional Centre on unrelated charges at the time of his arrest on Aug. 28 — is facing a number of allegations, alongside the second-degree murder charge.

These charges include indignity to human remains, two accounts of attempted murder and weapon charges.

He was also given a no-contact order with what the prosecution called a "significant" number of individuals. The list contained more then 20 names.

Pinnell's mother, Sarah Pinnell, said she was shocked at the charges.

"They're just trying to get him on anything possible," she said. "I'm shocked — it's bulls--t."

Pinnell is the second person charged in the death of McAdam.

Another 18-year-old man was charged with second-degree murder in July.

Pinnell is back in court on Sept. 12.

MORGAN MODJESKI/METRO

No contact

20

Shelby Pinnell, 18, who is charged with second-degree murder in the death of Mervin McAdam, was also ordered not to have contact with a list of more than 20 individuals.

La Ronge

Repeat vaccines advised due to power outage

Several people who received a vaccination in La Ronge, Sask., this summer are being asked to repeat the immunization because a power outage may have affected the quality of the vaccine.

The Mamawetan Churchill River Health Region says the advisory is a precaution and covers 19 people given shots for tetanus, diphtheria and whooping cough at the La Ronge Health Centre.

The vaccinations were done after a prolonged power outage in June.

Andrew McLetchie, the health region's CEO, says refrigeration in the hospital's emergency and acute-care areas was affected when an emergency power supply failed to kick in.

The advisory does not cover people who received vaccinations from the centre's public health office.

McLetchie says the vaccine given to the 19 people won't harm them, but it may not be effective.

THE CANADIAN PRESS

Forward thinking

Police station aims to be inclusive

A new police station will feature a transgendered change room in the gymnasium — a suggestion that came from public input during planning.

Staff Sgt. Susan Grant said that the change room will not be specifically designated for transgendered people.

"It has a dual purpose, but initially came from the idea for a transgender change room," said Grant.

Tweets:

@bengal_rob:

"aren't those the labled "Family Bathrooms" has a lock.. what's the issue"

@theotherHilary:

"More places should have them, really. As long as it's clean, I really don't care what's on the door."

Visit metronews.ca. METRO

Mobile news

Pepé Le Pew finally found his mate, and it only took 67 years. Scan the code to watch the real-life spunky skunk smooch his feline.

Ryan, love him or hate him

Romney's running mate. He's a hero of the right, but Dems loathe him: Will this man change the dynamics of the U.S. presidential race?

Republican vice-presidential candidate Paul Ryan gestures Wednesday night ahead of his speech to the Republican convention in Tampa, Fla.
MARY ALTAFFER/THE ASSOCIATED PRESS

Call him the man of the moment.

Congressman Paul Ryan, a hero to conservatives and lightning rod for Democrats, was taking centre-stage Wednesday night at the Republican National Convention.

His assignment: accepting the party's nomination to be Mitt Romney's vice-presidential running mate in the campaign to defeat President Barack Obama.

Ryan's major speech on the second day of the storm-shortened convention was to be a debut of sorts for the 42-year-old from the Midwestern state of Wisconsin.

Though a leader on budget policy in Congress, Ryan was not well-known outside Washington when tapped by Romney this month.

But he brings to the ticket youthful energy and a down-to-earth appeal lacking in the stiffer Romney.

Democrats, however, pounced on the nomination, saying Romney was now clearly wedded to Ryan's proposals to cut spending by revamping health care programs for the elderly and poor.

In excerpts released ahead of the speech, Ryan lauded Romney, saying the former Massachusetts governor "will not duck the tough issues" if he wins the White House.

"After four years of getting the runaround, America needs a turnaround, and the man for the job is Governor Mitt Romney," he said.

So far, Ryan has not changed the dynamics of the presidential race.

Polls continue to show Romney and Obama in a statistical tie ahead of the November vote.

The economy is the biggest issue in the race. While voters have more confidence in Romney on economic matters, they like Obama better on a personal level.

A poll by the Pew Research Center and the Washington Post found Americans deeply divided about Ryan, whom they described as conservative, intelligent, fake and phoney.

Romney left Tampa briefly to speak Wednesday before a major veterans group, the American Legion. He said Obama "has allowed our leadership to diminish."

THE ASSOCIATED PRESS

Oops!

Open mike shuts down Yahoo chief

Yahoo News has fired its Washington bureau chief after he was caught on a microphone saying Mitt Romney and his wife were "happy to have a party with black people drowning."

It was an apparent reference to the Republican convention happening as hurricane Isaac hit the Louisiana coast.

Company spokesperson Anne Espiritu said David Chalian's remark was inappropriate and does not represent Yahoo's views.

She said Yahoo is apologizing to Romney.

Chalian said Wednesday he was "profoundly sorry for making an inappropriate and thoughtless joke."

"I was commenting on the challenge of staging a convention during a hurricane," he said.

"I have apologized to the Romney campaign, and I want to take this opportunity to publicly apologize to governor and Mrs. Romney."

THE ASSOCIATED PRESS

Haircut attack left Amish cleric ashamed: son

Amish men leave the Cleveland court. TONY DEJAK/THE ASSOCIATED PRESS

A hair-cutting attack on an Amish bishop left him so ashamed that he stopped preaching and refused to attend a family wedding, his son testified Wednesday.

The 77-year-old father didn't want anyone to see him without his beard, the son told a court.

Andy Hershberger was testifying at the Cleveland trial of 16 Amish men and women accused of hate crimes on church leaders.

In the minutes after the surprise encounter last fall, Hershberger said he looked toward his father, Raymond Hershberger. Grey clumps of hair from the beard his father had grown since marriage covered the floor.

"He was shaking all over," Hershberger said.

"He was crying and crying."

Federal prosecutors say that a dispute between the leader of a breakaway Amish group and other bishops who sought to overrule his authoritarian methods led to the hair- and -beard cutting attacks that struck fear into Ohio's normally peaceful Amish community.

Those accused of planning and taking part in the attacks targeted the hair and beards of Amish bishops because of the spiritual significance of them in the faith, prosecutors said.

Most Amish men do not shave their beards after marriage, believing it signifies their devotion to God.

All of the defendants could face lengthy prison terms if convicted on charges that include conspiracy and obstructing justice.

THE ASSOCIATED PRESS

The Amish case

Lawyers for the defendants say that members of the breakaway group took action out of compassion and concern that some Amish were straying from their beliefs.

- **Stay away.** Defence lawyers also said the Amish are guided by their religion and the government shouldn't get involved.

Boy dismembered

40 years to life for child killer

Levi Aron, a New York City store clerk, was sentenced Wednesday to 40 years to life in prison for kidnapping, killing and dismembering a boy.

Aron, 37, admitted he killed eight-year-old Leiby Kletzky, who was lost in an Orthodox Jewish neighbourhood.

"He's sorry and he wished he hadn't done it," attorney Pierre Bazile said.

Aron wore a black yarmulke, bushy beard and orange prison jumpsuit, and kept his head down and eyes closed.

His attorneys said Aron suffered a head injury as a child that went untreated.

THE ASSOCIATED PRESS

She died in jail

Teenage girl's inquest on again

The inquest into the death of a teenage girl in an Ontario prison is set to start anew in Toronto on Sept. 20 after facing numerous delays.

Ashley Smith, 19, from Moncton, N.B., choked herself to death with a strip of cloth at the Grand Valley Institution for Women in Kitchener while guards looked on.

The troubled teen was transferred between facilities 17 times during the last 11 months of her life, spending much of her time in segregation units. Smith was first sent to prison at 13 for throwing crab apples at a postal worker.

THE CANADIAN PRESS

Jail romance

Inmate mom gets a 'new start'

An Ontario woman who started a family with another inmate while serving a life sentence for killing an eight-year-old boy will get a second chance at building a life outside prison.

Amina Chaudhary, 51, gasped and shook with relief Wednesday when the Parole Board of Canada handed down their decision to release her to a halfway house in Hamilton.

Chaudhary's latest attempt at reintegration will mean life apart from her husband, a convicted murderer also on day parole, and their three children.

She said she wants to "start fresh."

THE CANADIAN PRESS

Sea birds surround the American Legion fishing pier in Bay St. Louis, Miss., as Isaac's winds and storm surge flood some low-lying neighbourhoods, Wednesday. ROGELIO V. SOLIS/THE ASSOCIATED PRESS

Members of the Army National Guard patrol Bourbon Street as Hurricane Isaac makes land - fall, Wednesday. ERIC GAY/THE ASSOCIATED PRESS

Students from the University of Alabama measure wind speeds Wednesday in New Orleans. Isaac was packing 130 km/h winds, making it a Category 1 hurricane. ERIC GAY/THE ASSOCIATED PRESS

Exactly 7 years after Katrina, Isaac takes Louisiana by storm

Floodwaters. Rescue workers flock to New Orleans and rural communities to help stranded residents

Tropical storm Isaac continued to lash New Orleans with heavy rains Wednesday even as it was downgraded to a tropical storm, as a newly-fortified levee system appeared to be holding exactly seven years after Hurricane Katrina devastated the city. In a drenched part of rural Louisiana, rescuers on boats snatched dozens of people stranded by floodwaters.

In New Orleans, power lines were downed and debris littered the streets, prompting officials to impose a dusk-to-dawn curfew. Louisiana officials said they may have to intentionally breach a levee in a flooded area as Isaac made a slow, drenching slog inland from the Gulf of Mexico.

In a hard-hit rural area southeast of New Orleans, officials rescued dozens of people by boat, while authorities feared more in Plaquemines Parish could need help after a night of slashing rain and fierce winds that knocked out power to more than 700,000 households.

The hurricane also cancelled commemoration ceremonies Wednesday for Katrina's 1,800 dead in Louisiana and Mississippi. Isaac was testing a New Orleans levee system bolstered by $14 billion in federal repairs and improvements after the catastrophic failures during Katrina.

Army Corps spokeswoman Rachel Rodi said the city's bigger, stronger levees were withstanding the assault.

"The system is performing as intended, as we expected," she said. "We don't see any issues with the hurricane system at this point."

Rescuers in boats and trucks plucked a handful of people who became stranded by floodwaters in thinly populated areas of southeast Louisiana.

Although Isaac was much weaker than Katrina, the threat of dangerous storm surges and flooding from heavy rain was expected to last all day and into the night as the immense comma-shaped storm crawled across Louisiana.

Water driven by the large and powerful storm flooded over a 30-kilometre stretch of one levee in Plaquemines Parish. The levee, one of many across the low-lying coastal zone, is not part of the new defences constructed in New Orleans after Katrina.

The storm not only coincided with the Katrina anniversary, but also the first major speeches of the Republican National Convention in Tampa, Florida. THE ASSOCIATED PRESS

Unexpected

"I think a lot of people were caught with their pants down. This storm was never predicted right since it entered the Gulf. It was supposed to go to Florida, Panama City, Biloxi, New Orleans."

Terrebonne Parish Sheriff Jerry Larpenter

People and a dog who were rescued from their flooded homes are loaded into a Louisiana National Guard truck in Braithwaite, La., in Plaquemines Parish. GERALD HERBERT/THE ASSOCIATED PRESS

Flooding

Thousands told to leave low-lying areas

Tens of thousands of people had been told ahead of Isaac to leave low-lying areas of Mississippi and Louisiana, including 700 patients of Louisiana nursing homes. Mississippi shut down the state's 12 shorefront casinos. THE ASSOCIATED PRESS

Political implications

Storm creates opportunities for both parties

Isaac also posed political challenges with echoes of those that followed Katrina, a reminder of how the storm became a symbol of government ineptitude.

U.S. President Barack Obama sought to demonstrate his ability to guide the nation through a natural disaster and Republicans tried to reassure residents as they formally nominated former Massachusetts Gov. Mitt Romney as their presidential candidate.

Louisiana's Republican Gov. Bobby Jindal, who cancelled his trip to the Republican National Convention in Tampa, said the Obama administration's disaster declaration fell short of the federal help he had requested. Jindal said he wanted a promise from the federal government to be reimbursed for storm preparation costs. THE ASSOCIATED PRESS

Action. Flood levee will be breached in rural town

A state official says the levee in southeast Louisiana's Isaac-flooded Plaquemines Parish will be breached to relieve pressure on it.

State Coastal Protection and Restoration Authority head Garret Graves said the levee wouldn't be breached Wednesday because of weather conditions but it will happen as soon as they can get equipment to the site.

In hard-hit Plaquemines Parish, officials rescued dozens of people by boat after they became stranded by floodwaters. Flooding has plagued the area after Isaac sloshed ashore Tuesday evening as a Category 1 hurricane. THE ASSOCIATED PRESS

Weathered city. Katrina memorial disrupted, but not New Orleans' faith

The hurricane promised to lend even more solemnity to commemoration ceremonies Wednesday for Katrina's 1,800 dead in Louisiana and Mississippi, including the tolling of the bells at St. Louis Cathedral overlooking New Orleans' Jackson Square.

In a city that has already weathered Hurricane Gustav in 2008, many people had faith that new repairs and improvements would hold up.

"I feel safe," said Pamela Young, who was riding out the storm in the Lower 9th Ward with her dog, Princess, in a new, two-story home built to replace one destroyed by Katrina.

"If the wind isn't too rough, I can stay right here," she said, tapping on her wooden living room coffee table. "If the water comes up, I can go upstairs."

New Orleans Mayor Mitch Landrieu issued a curfew for the city as Isaac lashed the city on the seven-year anniversary of Katrina's destructive arrival. THE ASSOCIATED PRESS

Woman in coma after acid attack

Aggravated assault. Quebecer, aged 29, had corrosive material splashed on her face by her boyfriend

Tanya St-Arnauld is shown in an undated photo posted on a tribute page set up on her Facebook page. More than 4,000 messages of support have rolled in for St-Arnauld, who had corrosive acid thrown in her face last week.
THE CANADIAN PRESS/FACEBOOK

A Quebec woman is in an induced coma and has her face covered in bandages after having corrosive acid thrown in her face.

More than 4,000 messages of support on Facebook have rolled in for Tanya St-Arnauld.

The 29-year-old St-Arnauld will stay in hospital having also sustained burns to her body. Police in Longueuil, south of Montreal, arrested Nikolas Stefanatos shortly after the Sunday morning attack. Police say Stefanatos is St-Arnauld's boyfriend.

He appeared in court Monday and was charged with aggravated assault.

A police spokesman says investigators have not yet been able to question St-Arnauld because of her condition.

Stefanatos is to appear in court for a bail hearing on Friday. THE CANADIAN PRESS

Nabbed monkey returned

Sounding more Hollywood caper than Animal Planet, the saga of Hercules the kidnapped squirrel monkey included a risky heist, an anonymous phone call and a secret exchange on a New Brunswick country road on Wednesday. The pint-sized primate was nabbed from his cage sometime after the Magnetic Hill Zoo in Moncton closed Tuesday. Hours after staff discovered Hercules was missing, zoo manager Bruce Dougan met with a man on a rural road to reclaim the monkey. Hercules was returned in a cardboard box.
THE CANADIAN PRESS/MAGNETIC HILL ZOO

Trash the dress. Death has some questioning photo-shoot bridal fad

A photo shoot in a Quebec river that went horribly wrong when a bride was dragged into the water and drowned is shining a light on the growing "trash-the-dress" phenomenon.

Maria Pantazopoulos, a 30-year-old real-estate agent, was posing in her wedding dress Friday for a photo shoot along the Ouareau River in Rawdon, Que., about 60 kilometres north of Montreal, when her gown became waterlogged and dragged her into the water. Her body was found by a scuba diver two hours later.

Photographer Louis Pagakis said he did everything he could to save Pantazopoulos when she went under.

"She had her wedding dress on and she said, 'Take some pictures of me while I swim a little bit in the lake.' She went in and her dress got heavy, I tried everything I could to save her," Pagakis told CTV Montreal. "I jumped in, I was screaming and yelling. We tried our best."

The tragedy has highlighted some of the more unorthodox — and even unsafe — situations in which brides and grooms will put themselves as part of this increasingly popular form of photography. The trash-the-dress meme aims to capture images of brides and grooms, dressed in their wedding attire, in fantastical situations or exotic locales.

A ritual begun several years ago as novelty photography akin to that found only in the pages of fashion magazines, "trash the dress" has grown in popularity thanks in part to the unconventional wedding work of Las Vegas photographer John Michael Cooper, whose famous image of a bride nearly enveloped in her burning gown pushed expectations.
TORSTAR NEWS SERVICE

Not really trash

According to Matt Boyce, owner of Xero Digital Photography in Toronto, the term "trash the dress" is a bit of a misnomer. While gowns do get wet and dirty during shoots, most of the brides he has photographed intend to keep their dresses — but not before having a bit of fun.

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Scotiabank

ING Bank of Canada sold for $3.13B

Scotiabank says it has reached an agreement to buy ING Bank of Canada from Netherlands-based parent ING Group for $3.13 billion in cash. The deal is expected to result in a net investment by Scotiabank of $1.9 billion, after deducting the excess capital currently at ING Direct.
THE CANADIAN PRESS

Smartphones

Samsung rallies with Galaxy Note

Fresh off a legal battle with Apple, Samsung is announcing a new version of the Galaxy Note, an offbeat, oversized smartphone that's become a surprise hit.
THE ASSOCIATED PRESS

Chinese automaker

Asbestos found in cars forces recall

A Chinese automaker says it's recalling nearly 12,500 cars sold in Brazil after asbestos was found in engine and exhaust gaskets.

Chery International said that it investigated the asbestos problem after it was discovered in vehicles sold in Australia.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.06¢ US (-0.18¢)

TSX 12,009.79 (-0.11)

OIL $95.49 US (-84¢)

GOLD $1,663 US (-$6.70)

Natural gas: $2.634 US (+2¢)
Dow Jones: 13,107.48 (+4.49)

Economist doubts 'dead money' claim

BoC. Carney made too much of $526B held in reserve by corporations, says TD Bank's Craig Alexander

When Bank of Canada governor Mark Carney called $526 billion in corporate cash "dead money," he was overstating the facts, a chief economist of a major Canadian bank says.

Businesses have been a major contributor to the economic recovery from the recession, TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Companies have created 80 per cent of the 721,700 new jobs since mid-2009, while business investment in machinery and equipment is just 2.3 per cent below its pre-recession peak.

"It is true that firms have increased their holdings of cash, but calling all of it dead money is overstated," Alexander wrote.

Having said that, Alexander also agreed that Canadian companies need to do more to boost the country's competitiveness.

"The simple truth is that, at the economy-wide level, businesses underinvested prior to the recession and they cannot let the prevailing risks paralyze them from investing in the coming quarters. They have to build for the future."

Other reports have said paying the excess out to investors in the form of higher dividends may not do much to boost the economy. Most shareholders are reinvesting their dividends to boost their retirement nest eggs rather than using the money to buy things, Stéfane Marion, chief economist of the National Bank of Canada, wrote in a recent commentary for clients.
TORSTAR NEWS SERVICES

Mirror, mirror?

Kim Kardashian, inset, has settled a lawsuit against Old Navy, claiming the clothing retailer violated her publicity rights by using a lookalike in an ad. The lawsuit was over the commercial titled Super C-U-T-E. It featured Canadian singer-model Melissa Molinaro, pictured above, who an attorney for Old Navy said at a January hearing was famous in her own right. Her appearance in the ad wasn't intended to draw similarities to Kardashian, the retailer maintained. GETTY IMAGES FILE PHOTOS

Sentencing. Tech-file thief nets 4 years in jail

A Chinese-born American convicted of stealing trade secrets from Motorola was sentenced Wednesday to four years in prison in a case that both the judge and prosecutors hoped would send a message to those who might be tempted to siphon vital information from U.S. companies.

"In today's world, the most valuable thing that anyone has is technology.... The most important thing this country can do is protect its trade secrets," U.S. District Judge Ruben Castillo said before sentencing Hanjuan Jin.

Jin, who worked as a software engineer for Motorola Inc. for nine years, was stopped during a random security search at Chicago's O'Hare International Airport on Feb. 28, 2007, before she could board a flight to China. Prosecutors say she was carrying $31,000 and hundreds of confidential Motorola documents, many stored on a laptop, four external hard drives, thumb drives and other devices. THE ASSOCIATED PRESS

Books. Kobo poised to sell ebooks, e-readers in U.S.

Kobo has struck a partnership with the American Booksellers Association to sell its e-reader device and ebooks through independent U.S. bookstores.

Toronto-based Kobo says it expects to launch its partnership with nearly 2,000 ABA-member stores this fall, starting with 400 stores.

The deal will see ABA members offer Kobo e-readers, ebooks and accessories and share in the revenue from every sale.

ABA members will also be able to offer ebooks online to their customers.

Kobo CEO Mike Serbinis says the company is "excited" to bring an "Indie alternative to the e-reading market."

Toronto-based Indigo Books & Music Inc. sold Kobo Inc. to Japan's Rakuten Inc. for $315 million US in a deal that closed earlier this year.

Indigo founded Kobo and spun it off in 2009 to compete in the global ebook sector against industry leader Amazon and a multitude of other companies with devices, software or services.
THE CANADIAN PRESS

BMO study. Canadians more optimistic about job security this Labour Day

A new Labour Day survey suggests Canadians are more optimistic this year about their job security as well as hiring and growth prospects at their companies — and many expect a raise.

The Bank of Montreal poll finds nearly two-thirds, or 64 per cent, of respondents are comfortable with their job security.

The survey suggests 41 per cent believe their company is growing and will be hiring.

Both measures are up 13 percentage points from the number of employees who expressed confidence last Labour Day. And 39 per cent expect a promotion or raise this year, up 11 percentage points from last year.

Modest raises

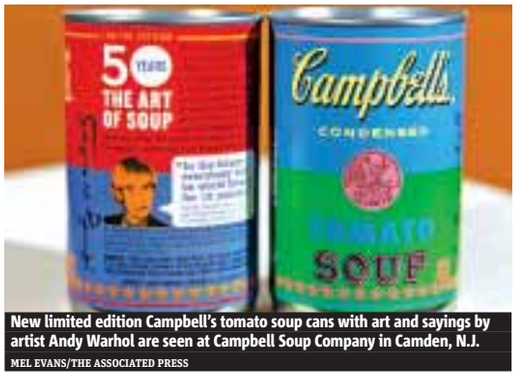
"Canadians should expect wages to rise modestly faster than inflation ... with the strongest gains in Alberta and Saskatchewan."
BMO senior economist Sal Guatieri

The results come despite lingering economic uncertainty, a still high unemployment rate and a disappointing report showing the economy shed jobs in July.

The Canadian economy shed a surprisingly steep 30,400 jobs last month, which pushed the unemployment rate up a tenth of a point to 7.3 per cent. It was the first major hit in nearly a year for what had been a mostly positive employment record.

And the economy has been growing at a rate below two per cent since last fall.
THE CANADIAN PRESS

In the future every soup can will be famous for 15 minutes



New limited edition Campbell's tomato soup cans with art and sayings by artist Andy Warhol are seen at Campbell Soup Company in Camden, N.J.
MEL EVANS/THE ASSOCIATED PRESS

Campbell Soup is tapping Andy Warhol for another 15 minutes of fame.

The world's biggest soup maker plans to introduce special-edition cans of its condensed tomato soup bearing labels reminiscent of the pop artist's paintings at Target stores starting Sunday. The 1.2 million cans will cost 75 cents each.

The Campbell Soup Co.'s embracing of Warhol's iconic imagery is a switch from its initial reaction, when the company considered taking legal action before deciding to see how the paintings were received by the public.

"There's some evidence to show there was a little bit of concern," said Jonathon Thorn, an archivist for Campbell Soup. "But they decided to take a wait-and-see approach."

By 1964, however, the company realized the paintings were becoming a phenomenon and embraced the depictions. Campbell's marketing manager even sent Warhol a letter expressing admiration for his work.

"I have since learned that you like Tomato Soup," William MacFarland wrote in the letter. "I am taking the liberty of having a couple cases of our Tomato Soup delivered to you."

The latest promotion comes as Campbell looks to turn around its struggling soup business after years of declining sales. The company plans to introduce dozens of new products this year.

The cans to be sold at Target will come in four colour schemes, with famed Warhol quote such as "In the future everybody will be world famous for 15 minutes."
THE ASSOCIATED PRESS

Boardroom art

In 1993, the company bought a Warhol painting of one of its tomato soup cans to hang in its boardroom of its headquarters.

- The company also has a licensing agreement with the Warhol estate to sell clothing, magnets and other gear, mostly overseas, bearing the artist's renditions.

BACK-TO-SCHOOL WITH BOOZE AND BREATHALYZERS

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I find back-to-school easier than most.

Some people might say that's because I'm not going to school and I have no children, but "phooey on them," as the kids say.

I prefer to think my distance from the chaos provides me with perspective, the same way any given person yelling at the TV could do a better job with the Blue Jays than the paid personnel up close who can only focus on one torn ligament at a time.

For instance, a back-to-school detail I've noticed that's eluded some in the mall-strom is how most shopping lists this time of year focus solely on the student.

But what about the parents' needs?

There are already dozens of columns out there about what kids must have, so here's a look at what moms and dads should buy for a seamless return to 10 months of the ABCs (angst, bullying and confusion).

Grade school:

You need:

- A pre-recording of Carson Daly interviewing Dr. Sanjay Gupta, in case they won't go to bed. Tell them this is what all late-night TV is like.
- The Busdrivalyzer, for overprotective parents — allows you to make sure that the driver on the bus blows clean, clean, clean.
- A pre-written "You're going to have the time of your life!" speech for when you get the urge to tell your children that school is 12 years of emotional and physical violence and "Run, kid, run! Break the connected mitten strings and run!"

Middle school:

You need:

- A sideways ball cap and a compact disc with an explicit-lyrics sticker on it to let your kids know that you're with it. If you work out a little rap like, "It might seem cool/But a bully is a straight-up fool," your child will remember it forever.
- A kitchen switch that allows you to turn the shower to "icy cold" after 15 minutes or when the steam sets off the fire alarm, whichever comes first.
- A pre-written, vaguely worded "birds and bees" speech for when you get the urge to say, "Look kid, the idea of explaining sex to you is just as gross and disturbing to me as it is to you, so ask that Emily girl you like or something."

High school:

- If you would like your child to answer with more than "nothing" when you ask about school, then you'll need, at minimum, the rack. If you want more than "It was fine and they didn't give any homework," an iron maiden.
- An ejection seat that allows you to let your child out in front of their school while driving 100 km/h, thus avoiding embarrassment for the student.
- A pre-written "You can be whatever you set your mind to!" speech for when you get the urge to say, "You can do whatever you set your mind to provided it fits your socio-economic status, gender, race, last name, the public's perception of you, and then you get incredibly lucky!"

All ages:

- Booze. But you knew that.

It's back-to-school time, which means an expert — i.e., a Metro columnist — has the best advice. You might want to take notes. ISTOCK

La Tomatina makes a gushy scene

ALBERTO SAIZ/THE ASSOCIATED PRESS

Running red

Spanish city turns to tomato warfare

Revellers kiss each other during the annual Tomatina tomato fight in the village of Bunol, Spain, Wednesday.

At this time of year, the town hosts one of the largest food fights in the world, with 40,000 people gathering to throw more than 100 tonnes of tomatoes at each other. The tradition has stood since 1945 and is embraced by locals and tourists. METRO

What did this stem from?

"We don't have much space, but there is no other way."

Coun. Rafael Perez, festival spokesman, acknowledges the chaotic nature of La Tomatina. However, the prestige and tourism the town gains from the events should secure its future.

Make your own Tomatina

- **Swimming costume and goggles.** You will be grateful for the goggles when you get hit in the face, and a snorkel makes breathing easier.
- **Get it started.** An organizer has the honour of hurling the first load of fruit at assembled friends.
- **Play fair.** Squash the tomato in your hand before throwing; it can cause serious damage otherwise.

Hothouse

120

The total weight in tonnes of the tomatoes used at La Tomatina festival. Despite the recession, and criticism of wasted food, the volume was not reduced this year.

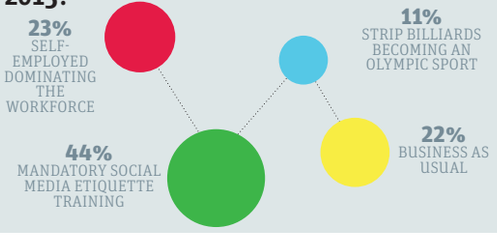
On the web

Go to metronews.ca to watch scenes from the event.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What does the future hold for the class of 2013?



Twitter

@_RGD2:
Only in #yxe would there be a 15 minute train right at lunch.

@chrixmorix:
Listening to the new @Convergecult track - few bands ever reach this level of quality consistency. Can't wait to hear the whole new album.

@Mega_64:
Twoop 4. The new police station is going to have transgender bathrooms. Is this for the comfort of us trannies, or the people afraid of us?

@XOjesXO:
The @CCMAAwards are going to be pretty dope this year...and I FINALLY get to check Saskatoon off my bucket list! Hells yes.

@dezguy:
ughh the local coverage of the 'senator and his wife' story feels a bit like watching an episode of TMZ

metro

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SCENE 2

Country musicians the best for Beggs, no question

Country radio star. This year's Canadian Country Music Awards host will first need her Timmies

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

The Bull's Cristy Beggs has become one of the best known radio personalities in the province. SIMON HIATT/FOR METRO

Colonsay native, Cristy Beggs has a simple explanation for why she chose to pursue a career in radio broadcasting.

"This is the coolest thing I can do, having no talent of my own," said Beggs, with a laugh.

Modest self-assessment notwithstanding, Beggs has become a tremendously popular radio personality and a relative rarity in the somewhat nomadic world of local media personalities.

She has worked for the same company, Saskatoon Media Group and its country music stations, her entire career since graduating from Western Academy Broadcasting College 13 years ago.

Her association with the stations goes back even further than the day she was hired, however. While growing up in the small town of Colonsay, Beggs worked in her parents' restaurant where the radio was always tuned to CJWW.

"The crowd in the restaurant would go silent when Boots and Salutes would come on, and it was the most eerie feeling in the world," said Beggs.

"I'd try to offer them more coffee and they'd shush me! And I thought, 'Fine, get your own coffee.'"

Beggs successfully transitioned from having her work interrupted by some of the most legendary names in Saskatchewan radio like Rod Kitter and Steve Shannon, to working alongside them. She says her colleagues are one of the big reasons she's remained in the position so long.

Lovin' that country music

"The crowd in the restaurant would go silent when Boots and Salutes would come on, and it was the most eerie feeling in the world."

Christy Beggs, on working at her parents' restaurant where they were always tuned to the country station.

"The guys took me in right away and taught me what they knew. They were so sweet."

Now a veteran of the country music scene herself, Beggs believes that attitude is much more the norm than the exception among those associated with the genre, including the artists.

"There's some really great people in country music, and I haven't worked with any other genres, but I'm imagining that country performers have the best attitudes," said Beggs.

People in Saskatchewan will have the opportunity to judge for themselves soon enough, as some of the biggest names in the industry will be here for the upcoming Canadian Country Music Association Awards.

Beggs will have her hands full leading up to the event and while she's been to five of the past six CCMAs, she knows this will be something different.

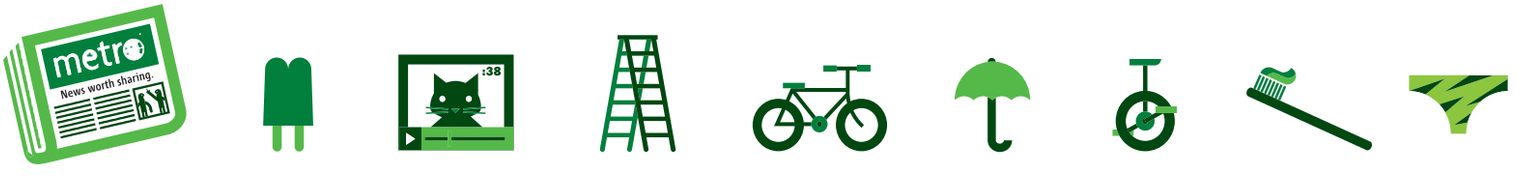
"Just getting to witness it and then host it, it's going to be two different ball games," Beggs said.

"Getting to be at all of the events, it's like 'OK, you're going to emcee here, and then five minutes later I need you to run here to introduce someone, and then you're going to do interviews here.' I'm really looking forward to it, but there will be a lot of Tim Hortons products consumed by me in those days."

On the web

Venice Film Festival cuts number of entries, adds movie market, courts acclaimed auteurs.

Sharability



Robert Pattinson ALL PHOTOS GETTY IMAGES

Home, sad home for Robert Pattinson

Robert Pattinson is reportedly selling the Los Angeles mansion he shared with Kristen Stewart, according to Us Weekly. The Twilight star is looking to unload the property because "he said there are too many memories," a source says. But while he may be dropping the property, Pattinson isn't necessarily through with Stewart, despite her infidelity. "Rob doesn't hate her and he's not mad," the source says. "He just doesn't get why she did it. He loves her and thinks about her constantly."

Quoted

"He just doesn't get why she did it. He loves her and thinks about her constantly."

Source commenting on Robert Pattinson still thinking about Kristen Stewart

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan gets the boot from Chateau Marmont

THE WORD
Monica Weymouth
scene@metronews.ca

Lindsay Lohan almost had a good day yesterday. After it looked like she was all but headed back to jail for swiping $100,000 worth of jewelry at a house party, the L.A. County District Attorney decided not to prosecute her. Unfortunately, the Chateau Marmont — the swanky hotel she's called home since May — decided to kick her out.

In an eviction notice obtained by TMZ, general manager Philip Pavel takes issue with the $46,350 bill the actress has managed to rack up. "As we have made repeated attempts to resolve this pressing matter over the last few weeks without any resolution, I regret to inform you that we will no longer be able to extend any further credit for you to remain in the hotel," he writes.

Pavel goes on to add a little comedic flair: "I have adjusted off the daily $75 charge for computer rental for use of the hotel's laptop as a gesture of good faith, with the understanding that you will return the computer."

Also included with the letter is an itemized invoice of the charges, including $686 for cigarettes (to be fair, they were charging her $14 a pack) and $100 for a "Chateau Candle" — which we certainly hope is code for something much more exciting than a candle.

Katie Holmes

Surprise, surprise Suri's a trust-fund kid

While Katie Holmes will reportedly be getting $4.8 million in child support payments until Suri Cruise turns 18, the little girl herself stands to fare much better from her parents' divorce, according to Radar Online, as Holmes reportedly insisted that Tom Cruise set up a trust fund for Suri as part of the settlement. "Katie wanted the trust fund put in place for Suri so that their daughter will be able to tap into after she turns 18," a source says. "Katie has absolutely no access to the money and didn't want to. It's a sizable trust fund, but Suri won't be able to fully legally claim it until she is in her 30s."

Twitter

@Joan_Rivers
The Ukraine says SpongeBob SquarePants is gay, and wants him banned. I bet they also think Peppermint Patty just hasn't met the right guy.

@rihanna
It's 430 am and I'm up like an idiot! Can't sleep! Whyyyyyyy????!!!

@SteveMartinToGo
Going to sue Samsung for taking my idea of a talking thing the size of a pack of playing cards I had when I was eleven. Updates coming.

@taylorswift13
Was watching MTV last night and the commercial for the VMAs that I'm in came on and I was all "!!!!!!!!!!!!!!!!!"

Stop Singing the Blues...

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LIFE 3

Find your wild side

Don't be outfoxed.
All creatures great and small made their way down the autumn runways. Here's what we tracked down in the undergrowth.

RICHARD PECKETT
life@metronews.ca

If you go down to the shops today, you're in for a big surprise. No, not a teddy bears' picnic but a menagerie of critter-inspired clothing. Perhaps the catty industry wanted to show that it's got a cuddly side, or maybe designers were hoping to cash-in on the cutesy AWW factor. But whatever the reason, it's time to snare some of this season's game.

Off her perch! A model works the owl look at Anna Sui.

It's behind you: Mulberry's monster causes quite the fright! / TIM WALKER/MULBERRY AW'12

Wise move: Kate Bosworth sporting a Burberry Prorsum sweater.

Go fashionably feral

Aubin & Wills
Portland fox-intarsia sweater
$215
net-a-porter.com

ASOS
Skater dress in owl print, $68, asos.com

Tatty Devine
Fox necklace, $41
tattydevine.com

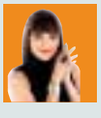
Charlotte Olympia
Kitty flat
$700
harrods.com

McQ Alexander
McQueen wolf print dress
$701
my-wardrobe.com

Dominique Lucas
Owl ring
$631
luisavia roma.com

Topshop
Cat ring
$20, topshop.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: September's almost upon us! What do you feel is a fashion must-have for fall??

@zoobia_xo
a bad-ass leather jacket, every fall.

@Jeanne_Beker
Oh yeah! I want a new one this fall too....

@dysfashional
Leather and coats with a fabulous belt for a flawless cinched look. #MustHave #Fall2012

@mommydoing
the Canadian jewellery designers @nikiandlola 's Flit Necklace.

@EHMakeupAndHair
love a peplum and a pencil skirt on a pear shape! Emphasizes the waist, glosses over the hips!

@Jeanne_Beker
So true! And so many kinds of peplums out there... Something for every body type. Must try some on!

@Jeanne_Beker: Check this shimmering Jimmy Choo pump made especially for @HoltRenfrew for its big 175.

@Jeanne_Beker: What a sunset! Magic over Lake Simcoe....

@JessicaMarcone
Frye leather boots, long heather grey cardigans, and riding leggings

@Jeanne_Beker
Sounds like my kind of outfit! Adore Fryes... Comfiest boots ever...

On the Web

Target lands bull's-eye on Montreal Fashion Week with new partnership

The very best fall/winter trends at New York International Gift Fair

Design centre. These home and gift products will soon be on the store shelves for your purchasing pleasure

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Twice each year the Javits Center in New York City is packed with the latest and greatest in lamps, rugs, salad bowls and more as the New York International Gift Fair displays housewares to thousands of retail store buyers.

I took a peek around this trade-only event and checked out the latest buys being offered up to retailers for the fall/winter season.

Here's three of the biggest trends.

Seventies Marrakech

The geometrics of the 1970's took a sophisticated turn this season by incorporating richer trend colours that resembled patterns often found in Moroccan textiles, rugs and ceramics. Zig-zag, fish scales and tile work were three hot looks, and famed designer Jonathan Adler nailed all three looks with his Carnaby collection of lamps, trays and mugs. Carnaby Large Flame, Scale and Taletha lamps, $340 each. micasatoronto.com.

Feeling blue

One of the old-time decorator classics has been given resurgence in the contemporary world and many hip exhibitors were showing products that resembled blue-and-white porcelain. This colour combination looks great with neutrals and can hold its own against strong bursts of colour. Seletti's Sextuple playfully extends the porcelain plate into useful wall art or a tray. $1,200. mintinteriors.ca.

Linen with sparkle

Natural linen was everywhere at the show; on furniture upholstery, pillows, bedding and tabletop linens. Threads of metallic, shiny trims and adornments helped to decorate this rather plain, humble fabric. The most outstanding use of linen were companies like Ann Gish (maker of high-end luxurious bedding) who incorporated a hand-painted look of shimmer or sparkle into the linen. 'Gorgeous' bedding by Ann Gish, from $400 to 1,800. anngish.com.

An investment for your home that's right as rain

Where can I get a rain barrel?
-Brent of Victoria

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Rain barrels can be purchased from your local hardware or garden store. In fact, the Capital Regional District's website has a complete list of rain barrel retailers in the Victoria, B.C., area under the Water Services section. You can also search the classifieds, in print or online!

It's a worthy investment. They can cost over $250, depending on the size and manufacturer. Price also depends on the added bells and whistles, such as filtering systems, spigots and mosquito-proofing measures. But before you buy, check to see if your city offers a subsidy or distributes rain barrels to residents.

Did you know that more than 40 per cent of residential treated drinking water is used to water lawns and gardens?

Collect rain water on your property to reduce the waste of potable water, especially during the drier summer months.

Benefits of rain barrels

- Rainwater harvesting can reduce storm drainage load, including reducing the chance of basement flooding.
- Direct water away from your home's foundation.
- Provide naturally softened and chlorine-free water — excellent for delicate houseplants, cleaning the car and window-washing.
- Reduce your water bill.

Additional tips

- Select a rain barrel size that will hold most of the rain that comes off your roof. You may need to buy one for each downspout to be sure.
- Install the rain barrel on a level surface (it can weigh up to 545 kilograms when full), even elevating it with paving stones to take advantage of a gravity feed.
- Make your barrel mosquito-proof by adding a lid to it.
- Maintain your system by clearing roofs and rain gutters of debris, cleaning any screens in the tank, and occasionally removing the sediment by draining and cleaning the tank.
- Don't drink the water!

Harvesting rain water has a long list of benefits. ISTOCK IMAGES

A soap-base cleaner would likely be best at removing soap scum. ISTOCK IMAGES

Cleaning the soap spots

Do you have any idea on how to remove soap build-up around the faucet on a marble bathroom countertop/sink? I use baking soda to clean my bathroom and a little bit of bleach once a month to disinfect. I would really appreciate your solution. Keep up the good work! Sincerely, The lady of the house

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear lady of the house,

Thank you for your kind email.

Soap scum can be removed several ways. First, I would use a "soft bristle" toothbrush with a soap-base cleaner like a PH neutral dish soap. Why? Because remember, "like removes like" so a soap-base cleaner would most likely be very good at removing "soap scum."

Other alternatives would be making a paste of baking soda and water the consistency of toothpaste. This will give you a little abrasion, but please do this softly and gently as not to scratch the marble or hardware. If neither of these methods work, try using Pine-sol original.

Junk food, without the junk

Diet. Nutritional therapist Jessica Bourke, author of The Guilt-Free Gourmet, says there's no need to sacrifice taste for health

ROMINA MCGUINNESS
Metro World News

"When it comes to food, it's either eating something that's healthy but without taste, or delicious and bad for us," nutritional therapist Jessica Bourke, author of the cookbook Guilt Free Gourmet, tells Metro, calling that a myth. "We need food to stay alive, but we also need to enjoy it."

She suggests avoiding dairy, sugar and wheat, and has devised recipes to eat well without them.

Dairy

Why you should cut it out

1 It's high in fat, which can cause weight gain.

2 That it's the best source of calcium is a myth. A green smoothie contains just as much calcium as a glass of milk.

3 Cow's milk contains the protein casein, needed to build the big bones of baby calves, not humans. Our body doesn't know what to do with the excess. It also prohibits the absorption of key nutrients including iron and vitamin B12.

Top alternative: Soy. Great for our gut. For women, it's good for their hormones. Go for miso soup, tempeh or tofu.

Sugar

Why you should cut it out

1 It encourages bad bacteria to grow in the gut, which can cause IBS (irritable bowel syndrome). In time, this can exteriorize itself on our skin and lead to conditions such as acne and eczema.

2 It causes chronic fatigue. Processed sugar has a damping down effect on the immune system. Two hours after ingestion, immune cell capacity is reduced by 50 per cent.

3 Processed sugar triggers a blood sugar imbalance that will eventually make you prone to weight gain and hormone problems.

Top alternative: Xylitol. It may sound chemical, but this natural sweetener is derived from the bark of a tree.

Wheat

Why you should cut it out

1 White bread contains calcium carbonate. In other words, chalk.

2 Gluten, a protein found in wheat, can attack and damage the gut cells. This can lead to a condition known as leaky gut syndrome whereby the intestinal lining becomes inflamed.

3 If our immune cells confuse gluten with a pathogen (an agent of disease) the body will attack itself.

Top alternative: Quinoa. Technically a seed, quinoa actually looks and tastes like a grain. Naturally gluten free, it doesn't cause bloating and contains essential amino acids. A bowl will curb your appetite for a while.

Recipe. Gluten, sugar and dairy free Polenta Pizza

Ingredients

Serves 6
Cooking time: 1 hr 30 min (approx)

- 2 teaspoons of bouillon stock powder
- 200 g polenta
- Grated zest and juice of 1 lemon
- 6 garlic cloves, crushed sea salt and ground black pepper
- 1 tablespoon fresh thyme leaves
- 1 head of Swiss chard
- Extra virgin olive oil
- 200 g girolle mushrooms
- 1 tablespoon freshly chopped parsley
- 1 egg
- Bunch of fresh marjoram

1 Bring 1 litre of water to the boil and add the bouillon powder. Reduce the heat and slowly pour in the polenta whisking all the time until blended. Reduce the heat to its lowest setting add half the lemon zest and juice, 4 of the crushed garlic cloves, the thyme and a good pinch of salt and pepper and gently cook, stirring occasionally for about 45 minutes or until the polenta pulls away from the side of the pan and is very thick.

2 Meanwhile, bring another pan of water to the boil. Add 1 teaspoon of salt and boil the chard for about 3-4 minutes until the thick part is just tender. Remove, drain and season with some salt and oil (don't forget to stir the polenta). Heat two tablespoons of oil in another pan over high heat. Fry the mushrooms for about two minutes. Add 1 of the crushed garlic cloves and stir for 30 seconds to release the garlic flavour. Transfer to a bowl, toss with the parsley and season with salt, the remaining lemon zest and juice and some olive oil. When the polenta is ready, transfer to baking sheet and spread out to a thickness of about 2 cm. Cool for 30 min.

3 Preheat the grill. Scatter mushrooms and chard on polenta. Crack an egg in the middle and grill until egg is cooked. Pull leaves off the marjoram stalks and chop finely. Mix with the last crushed garlic clove and mix with oil to form a loose marjoram oil. Remove the polenta from the grill, and drizzle with the oil.

Sugar-free pancakes with fried bananas

Ingredients

Makes 5
Cooking time: 1 hr (approx)

- Sunflower oil to fry
- 50 g rice flour
- 30 g tapioca flour
- 3 tablespoons gram flour
- ½ a tablespoon baking powder
- Pinch of sea salt
- 2 eggs
- 100 ml rice milk

Fried Bananas
- 2 bananas
- Juice of 1 orange
- 2 teaspoons agave syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon desiccated coconut (and extra to serve)

1 Sift the flour, baking powder and salt in a large mixing bowl and make a well in the middle.

2 In a separate bowl, whisk together the eggs and the milk. Gradually pour into the well in the flour mixture, mixing all the time until you get a smooth batter.

3 Allow the batter to rest for 30 minutes. When ready, heat a little oil in a nonstick frying pan until hot. Stir the batter and pour a small ladleful into the pan, swirling so that the mixture spreads to the edges. Cook until the top of the pancake starts to bubble — less than 1 minute. Then flip it over and cook until golden. Repeat until you finish the batter.

4 To make the fried bananas, heat a little oil in a frying pan over high heat.

5 Slice the bananas and add to the hot pan. Fry until golden then flip over and fry for another minute or so. Add the orange juice and agave syrup and dust the cinnamon and desiccated coconut over the top. Let the liquid bubble away for 30 seconds then remove from the heat and transfer to a bowl. Add some of the bananas to each pancake and fold it over into a parcel. Now enjoy!

Muffins. Gluten, sugar and dairy-free apple, raisin and cinnamon muffins

Ingredients

Makes 6
Cooking time: 1 hr 30 min (approx)

- 1 cooking apple, peel cored and diced
- 150 g (plus two tablespoons) spelt flour
- 150 g rolled oats
- 100 g raisins
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- ¼ teaspoon grated nutmeg
- One pinch of sea salt
- 2 eggs lightly beaten
- 125 ml soy yogurt
- 220 ml pure maple syrup
- 1 eating apple peeled, cored and diced

1 Preheat the oven to 180 degrees C. Grease the muffin pan. Put the chopped cooking apple in a small saucepan with 3 tablespoons of water, bring to the boil then simmer until completely soft. Mash and set aside to cool.

2 In a large bowl, stir together the spelt flour, oats, raisins, baking powder, baking soda, cinnamon, mixed spice, nutmeg and salt.

3 Add the eggs, yogurt, mashed cooking apple, maple syrup, and chopped eating apple. Combine together. Spoon the mixture into the muffin pan and bake in a preheated oven for about 30 minutes. A skewer should come out pretty much clean but a tiny bit of muffin mixture on the skewer is OK as it will leave you with a nice moist middle.

NHL

NHLPA to make counter-offer by end of the week

There is no new deal on the horizon in the NHL's collective bargaining talks.

One day after receiving a proposal from the league that commissioner Gary Bettman labelled "meaningful" and "significant," the NHL Players' Association made it clear Wednesday that it didn't share that view

The union concluded the proposal wouldn't actually see current contracts paid out in full.

The union plans to deliver a counter-proposal by the end of the week, perhaps as soon as Thursday.

With a Sept. 15 deadline for a lockout creeping closer, the calculation of hockey-related revenue has emerged as a sticking point. THE CANADIAN PRESS

Cycling

Armstrong refers to self as 7-time Tour champ

Lance Armstrong introduced himself as a seven-time Tour de France champion at a cancer conference in Montreal on Wednesday.

"My name is Lance Armstrong. I am a cancer survivor," he said to open his speech to the World Cancer Congress. "I'm a father of five. And yes, I won the Tour de France seven times."

Armstrong announced last week he would no longer challenge the U.S. Anti-Doping Agency's drug charges against him. USADA threw out his competitive victories dating to 1998, which would include all seven Tour wins. THE ASSOCIATED PRESS

Yunel Escobar, right, slides in safe after Robinson Cano, on the ground, fails to make a play at Yankee Stadium, Wednesday. JEFF ZELEVANSKY/GETTY IMAGES

Recharged Escobar powers Jays to win

MLB. Shortstop has been hitting well since birth of child. By beating Yankees, Toronto gets first series win since July

Wednesday's game

8	5
Blue Jays	Yankees

Yunel Escobar got a much-needed break last week when he took three days off for the birth of his child.

It's made all the difference.

Escobar hit a two-run homer, three doubles and drove in five runs as Toronto beat the New York Yankees 8-5 Wednesday, ending CC Sabathia's five years of dominance over the Blue Jays.

The light-hitting shortstop went 15 games without getting more than a single before he went on the paternity list. In the four games back he has six for extra bases.

"At the time of the birth he was a little frustrated with how he was performing but that three-day break allowed him to relax and come back with a more positive mindset," injured slugger Jose Bautista said, translating for Escobar.

Escobar had a go-ahead RBI double in the third. His homer against Sabathia in the sixth gave the Blue Jays the lead again and his two-run double off Joba Chamberlain in the ninth helped secure Toronto's first series win since July 27-29. The five RBIs matched a career high for Escobar.

J.A. Happ (3-1) overcame a season-high five walks, including an intentional pass of Derek Jeter to load the bases with one out in the fourth inning, for the Blue Jays' second win in 10 games.

"He feels like anything positive that happens to the club is going to be welcome right now," Escobar said. "He feels like winning a series on the road against a club like the Yankees that's definitely a positive and he hopes it can help bring up team morale a little bit." THE ASSOCIATED PRESS

Yankees slipping

- The Yankees' inability to win consecutive games for the first time since sweeping Texas three in a row Aug. 13-15 has hurt them in the standings.
- Baltimore had a chance to pull within 2 1/2 games of New York with a win on Wednesday.
- June 24 was the last time anyone was that close.

Cohon gets Grey Cup ready for wild ride

CFL commissioner Mark Cohon poses with the Grey Cup in front of the Grey Cup 100 Train in Toronto on Wednesday. MICHELLE SIU/THE CANADIAN PRESS

The Grey Cup will be riding the rails this fall.

Canada's biggest football prize is travelling across the country by train to celebrate the Cup's 100th anniversary.

Wrapped with photos of CFL players and historical images of Canadian football, the Grey Cup 100 Train features a museum car filled with memorabilia.

There is also a team car built to resemble a dressing room and one dedicated to the Grey Cup itself.

The tour will stop in more than 100 communities, including all eight CFL cities, as well as Charlottetown, Moncton, Halifax and Quebec City.

The Cup will also be transported to some communities not accessible by rail, including Iqaluit.

The train departs Vancouver's Pacific Central Station on Sept. 9 and will travel 4,100 kilometres. Its final stop is Nov. 17 at Toronto's Exhibition Station, just a week before the 100th Grey Cup game.

"Every year thousands of Canadians make a pilgrimage to the host city," CFL commissioner Mark Cohon said Wednesday as the train was unveiled at a rail yard in Toronto's west end. "Now we get a chance to bring the Grey Cup to Canadians across the country."

According to Cohon, the tour took two years to organize, including striking deals with Via Rail, CP and CN. THE CANADIAN PRESS

By the numbers

4,100

The Grey Cup will travel 4,100 kilometres across Canada before arriving in Toronto for the 100th Grey Cup game.

4 SPORTS

Mobile sports

Usain Bolt already has his eyes set on the 2016 Olympics, but the Jamaican sprinting star has some time to fill for the next four years. Bolt says his focus will be lowering his world-record times in the 100- and 200-metres and possibly adding long jump to his repertoire. Scan the code for the story.

Clijsters bids farewell after loss at Flushing Meadows

Tennis. Four-time Grand Slam winner will retire after U.S. Open

Kim Clijsters' singles career ended where she wanted it to, just not the way she hoped.

The four-time Grand Slam champion lost 7-6 (4), 7-6 (5) to 18-year-old Laura Robson of Britain in the second round of the U.S. Open on Wednesday, and will head into retirement after she finishes playing in doubles at Flushing Meadows.

Clijsters walked away from the sport once before, returning after a 2 1/2-year hiatus in 2009. But now 29 and a mother, the Belgian insisted this season that she means it this time, and decided the U.S. Open — and its hard courts that she conquered on the way to three championships — would be her final tournament.

"It's the place that has inspired me so much to do well and to do great things. It's hard to explain sometimes why," Clijsters said in an on-court interview, her face flushed and her eyes welling with tears.

"This completely feels like the perfect place to retire," Clijsters told the spectators at Arthur Ashe Stadium, many of whom rose to shower her with a standing ovation. "I just wish it wasn't today."

The loss Wednesday ended Clijsters' 22-match winning streak in New York, encompassing titles in 2005, 2009 and 2010, plus Monday's first-round victory.

She missed the hard-court major in 2004, 2006-08 and last year, thanks to a combination of injuries and the time she took off while starting a family.

Her daughter, Jada, was born in February 2008. By August 2009, Clijsters was back on tour; unseeded and unranked, because she only played in two previous tournaments during her comeback, she won that year's U.S. Open.

"Since I retired the first time, it's been a great adventure for my team and my family," said Clijsters, who was 28-0 against players ranked outside the top 10 at the U.S. Open before Wednesday. "It's all been worth it. But I do look forward to the next part of my life coming up." THE ASSOCIATED PRESS

Wozniak ousted

Quebec's Aleksandra Wozniak lost 6-3, 4-6, 6-2 to No. 15 seed Lucie Safarova of the Czech Republic.

Kim Clijsters waves to the crowd after losing to Laura Robson on Wednesday in New York. Clijsters says she will retire after playing in the doubles tournament. AL BELLO/GETTY IMAGES

Soccer. Madrid tops Barca for Super Cup

Real Madrid took advantage of quick goals plus an early sending off to beat 10-man Barcelona 2-1 Wednesday to win the Spanish Super Cup on away goals after the two-legged tie ended 4-4.

Gonzalo Higuain and Cristiano Ronaldo put Madrid in control with goals inside 23 minutes to take advantage of Barcelona's poor start.

Lionel Messi curled home a free kick before halftime to pull Barcelona to 2-1. THE ASSOCIATED PRESS

Cristiano Ronaldo celebrates his goal on Wednesday. THE ASSOCIATED PRESS

Canada on hunt for Paralympic recruits

Wheelchair rugby player Garett Hickling leads the Canadian team into the opening ceremony in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Going on the theory that the wider the base, the higher the top of the pyramid, Canada needs more people with a disability to get involved in sport.

Canada slipped from third in gold medals won at the 2000 and 2004 Summer Paralympics to seventh in 2008. The Canadian team's objective in 2012 is to finish in the top eight.

Recruiting amputees and the visually impaired, as well people with spinal cord injuries, cerebral palsy and muscular dystrophy is a priority of the Canadian Paralympic Committee.

Quoted

"Hopefully people back home will see these Games, be inspired by us and they'll go out there and do something."

Canadian boccia player Marco Dispaltro, who started out in wheelchair rugby

The organization will launch a television commercial during the London Paralympics aimed at Canada's four million people with a disability.

"We need thousands more people with disabilities participating in sport to go up against China, Britain and the United States," says CPC executive director of sport Rob Needham.

Canadian team chef de mission Gaetan Tardif has pointed out that China draws from a pool of 40 million people with a disability, which is more than Canada's total population of 35 million. THE CANADIAN PRESS

Opening ceremony

Hawking at head of 'sea of ideas'

"Enlightenment" was the theme, physicist Stephen Hawking the guide and Olympic Stadium the venue Wednesday night as London welcomed 4,200 athletes from 165 nations to the 2012 Paralympic Games.

Who better to greet Paralympians than a scientist who has shown the world that physical disabilities do not limit human potential?

The extravaganza, was billed as a voyage across "a sea of ideas" — including Isaac Newton's discovery of gravity, which all Earth-bound athletes strive against. The show included 73 deaf and disabled professional performers and 68 disabled people among its 3,250 volunteers. THE ASSOCIATED PRESS

Stephen Hawking speaks at the Paralympic opening ceremony on Wednesday. THE ASSOCIATED PRESS

NHL

Turris takes Sens up on 5-year deal

The Ottawa Senators have signed forward Kyle Turris to a $17.5-million US, five-year contract extension.

The 23-year-old native of Burnaby, B.C., recorded 12 goals and 17 assists last season, both career highs.

The deal, worth an average of $3.5 million per year, will keep Turris in Ottawa through the 2017-18 season.

Kyle Turris GETTY IMAGES FILE

Turris was acquired by the Senators in a December trade with the Coyotes that sent defenceman David Rundblad and a second-round draft pick to Phoenix. THE CANADIAN PRESS

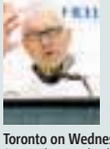
NFL pre-season

Super Bowl rematch a snoozer

Lawrence Tynes kicked a 32-yard field goal with 1:03 to play and the New York Giants defeated the New England Patriots 6-3 on Wednesday night in the pre-season finale for the teams that met in the Super Bowl in early February. THE ASSOCIATED PRESS

Patriots defenders converge on Giants receiver Hakeem Nicks on Wednesday. THE ASSOCIATED PRESS

Summit Series



"It is the highlight of my career."

Canadian hockey legend Ron Ellis in Toronto on Wednesday.

September marks the 40th anniversary of the 1972 Summit Series and Ellis along with several other players from the Canadian team will participate in events to mark the milestone in Canada and in Russia.

Horoscopes

♈ Aries
March 21 - April 20
If you cannot seem to make up your mind about an issue that should be cut and dried by now just choose a path and follow it to whatever destination it leads. Ultimately all roads lead to where you need to go.

♉ Taurus
April 21 - May 21
If something that has been going smoothly comes to an unexpected stop today there is no need to panic. All that is happening is that you are being given a chance to reconsider your options. Make the most of it.

♊ Gemini
May 22 - June 21
You might be tempted to overlook someone's faults and failings today but only do so if it does not leave you at a disadvantage. It's good to be generous but some people just cannot be trusted. Wise up.

♋ Cancer
June 22 - July 23
Something you were enthusiastic about just a few days ago no longer seems like such a good idea, but don't walk away from it yet because the planets indicate it still has meaning and value. Give it more time.

♌ Leo
July 24 - Aug. 23
You may decide to let someone off the hook, even though they don't deserve it. The simple fact is you don't have time to chase or chastise them. Hopefully they won't be so stupid as to test your patience again.

♍ Virgo
Aug. 24 - Sept. 23
Something you are expected to do may not make a lot of sense but do it anyway and then forget it. If the powers that be say it's got to be done then trust them to know what they are talking about.

♎ Libra
Sept. 24 - Oct. 23
You have been a bit free and easy with your cash of late (no change there then!) and will have to make some cutbacks today. You don't have to starve yourself but five star dining is out, for now.

♏ Scorpio
Oct. 24 - Nov. 22
A project you have been working on for some time is moving ahead at a snail's pace and you may be tempted to junk it. Don't! Today's Sun-Pluto link suggests you are about to enter a more dynamic phase.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore the critics and cynics and strike out in a new direction. One quality you have never lacked is courage, so be brave and be the kind of Sag who tries something new and exciting each and every day.

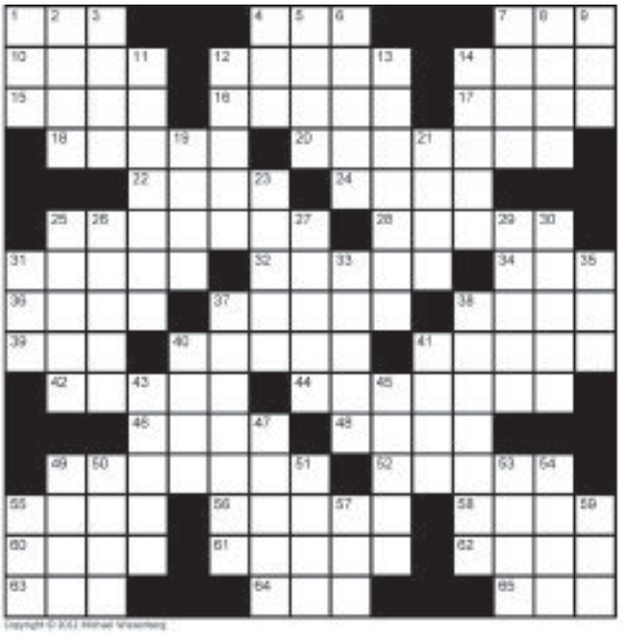
♑ Capricorn
Dec. 22 - Jan. 20
Once you understand a problem it ceases to be a problem. Knowledge removes all fears. Well, that's the theory anyway and you will get the chance to put it to the test today. Ask yourself: what can I learn?

♒ Aquarius
Jan. 21 - Feb. 19
Recent upheavals were no doubt shocking but as you are the sort of person who thrives on change you had fun as well. Not everyone was so fortunate though, so you may need to help with some counselling today.

♓ Pisces
Feb. 20 - March 20
Your luck is changing for the better, though that may not yet be obvious. Today's Sun-Pluto link will catapult you into the limelight and demand that you take a leadership role. Don't be scared. **SALLY BROMPTON**

Crossword: Province, City, Land, Water

BY MICHAEL WIESENBERG



Across
1. Attractive leg, slangily
4. Cab alternative
7. Parliamentarians
10. Amor's Greek counterpart
12. Madras master
14. Short note
15. Princess of Star Wars
16. Angry bull's sound
17. "The ___-bitsy spider ..."
18. Province whose name means "swift flowing" in the Cree language
21. Endlessly worry
22. "Forget about it!" (from a casino term) (2 wds.)
25. Moves through mud
29. "___ Your Name": Mamas & Papas song (2 wds.)
31. Big letters for Internet stock companies
34. Buffy ___ (2 wds.)
37. Small iPod
39. Air conditioner coolant
40. Goes bad
41. They're in BC's Strait of Georgia (2 wds.)
44. ___ Miserables
45. Far above the ground
46. One Flew Over the Cuckoo's Nest novelist Ken
48. "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
51. CFL whistle blowers
54. City in the Golden Horseshoe region of southern Ontario (2 wds.)
59. After-bath powder
62. Before surgery, in formally
63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears

Down
1. Becomes semisolid
2. Fields of learning
3. Damp
4. BMO, for one: Fr.
5. "Here comes trouble!" (2 wds.)
6. Ambulance alert
7. Encountered
8. Parliament heads
9. Asian sauce type
11. "For goodness' ___!"
12. Air France fleet component, once: initialism
13. Vitamin ___: riboflavin (2 wds.)
14. Subcompact
19. Belt-hole makers
20. Take ___ view of: be pessimistic about (2 wds.)
23. Christmas song
24. Crème de la crème
26. Blockheads
27. Damsel
28. Behave furtively
30. Not more
31. Actress Swenson of Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum setting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?" (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way
50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.
57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights
61. 16-oz. units

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			6			8	
			3		5		9	
				1			2	5
1					9	8	3	
	3		7		1		6	
	8	7	2					1
8	7			4				
	4		1		6			
	5			2			4	

Yesterday's Sudoku

8	9	7	5	3	6	1	2	4
5	6	1	7	4	2	8	3	9
3	2	4	8	9	1	7	6	5
4	7	2	3	1	5	6	9	8
6	3	5	4	8	9	2	1	7
1	8	9	6	2	7	4	5	3
7	1	3	2	5	8	9	4	6
2	4	8	9	6	3	5	7	1
9	5	6	1	7	4	3	8	2

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